

The
Elk Point

REVIEW

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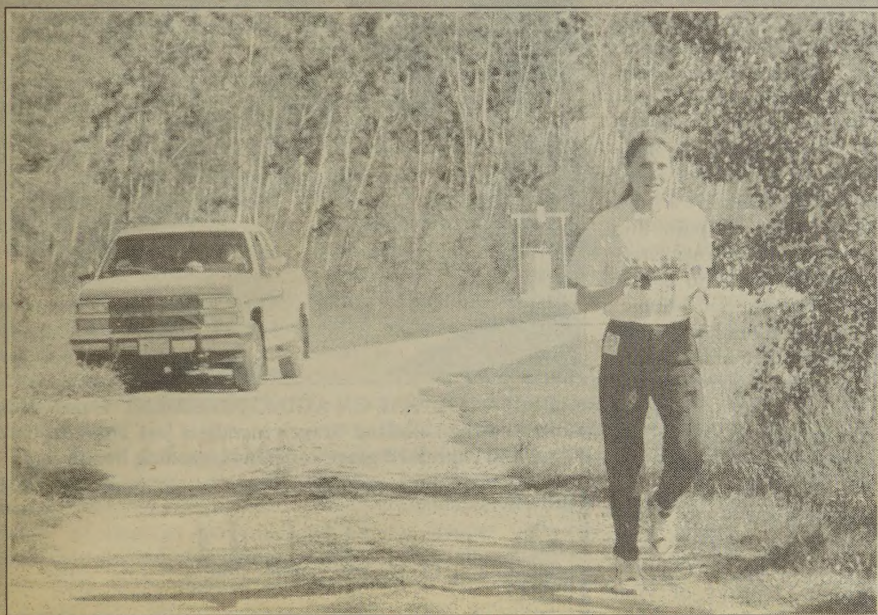
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Volume 15, No. 36

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Tuesday, SEPTEMBER 19, 1995



IN THE HOME STRETCH - Sandra Ockerman heads back to the starting point of the Terry Fox Run after an invigorating 10 kilometre run.

\$3,489.50 raised by runners, walkers and cyclists at Terry Fox Run

By Cathy Weetman

Staff Writer

Thirty-three walkers, runners and cyclists took part in this year's Terry Fox Run held in Elk Point September 17, raising a total of \$3,489.50 for cancer research.

For the fifth year in a row, 71 year-old Peggy Maas raised the most amount of money of all participants — \$1,215 — and received a Terry Fox Run T-shirt for her efforts. This was the fifth year in a row she has won this category.

When asked why she took part in the run every year, Maas replied she had a personal stake in the run.

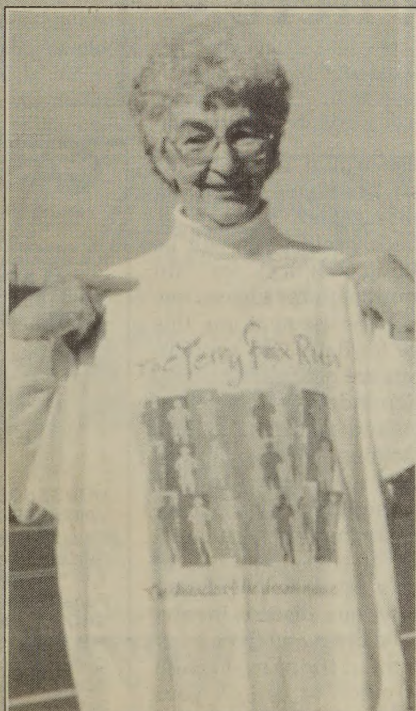
"There was cancer in my family and my husband died from cancer," she said on her return walk to the campground gazebo.

Kelsey Lindquist won a T-shirt in a draw for children 12 and under; Edie Lowrie also won a T-shirt as a Good Samaritan prize.

This year's sponsors were Elk Point Tags, Elk Point Co-op, Golden Loaf Bakery, Lakeland Meat Processors, Home Town Grocers and Capital Drugs.

The Prize sponsors were E-Can Oilfield Services, Norcen Energy Resources Ltd. and PanCanadian Petroleum Ltd.

Volunteers who helped make the annual run a success, said main organizer Denise Maas, were: Michelle Dargis, Donna Fedorus, June Cinnamon, Kris Ann Jenner, Sonia Yarmuch, Dennis Maas, Sandra Ockerman, Sergeant John Humphrey, Taylor Jenner and Gerard Dargis.



TERRY FOX RUN PARTICIPANT PEGGY MAAS — holds up her T shirt for raising the most amount of money at this year's run — \$1,215!

Council in by acclamation, but no mayor so far

Elk Point's current six Town Councillors were returned by acclamation Monday, but no nomination papers were filed for the mayor's chair. Incumbent Ed Buck had earlier announced his intention not to run in the 1995 election.

Mae Hendrickson, Dave Yake, Louis Verhagen, Danny Povaschuk, Ron Smith and Bill Schuhmacher will carry on the task of running the Town's business after October 18 general election, but will require leadership for the coming three year term.

Returning officer Curt Svendsen will be accepting

nominations for the office of Mayor from 10:00 a.m. to 12:00 noon today, and again tomorrow if no nominations are filed during that time.

Danyluk back on County Council, School Board

Ray Danyluk is back by acclamation to serve Division 2 of the County of St. Paul, and will also serve the newly created Division 1, Heinsburg/Elk Point, of St. Paul Education Regional Division No. 1 as

(Continued on Page 6)

Discover our community tonight!

By Terri Ehler

Elk Point FCSS

Be at the Elks Hall between 7:00 and 9:00 p.m. tonight (Tuesday, September 19) and find out what is available in our own community. There will be something for everyone... whether it's gaining information on the available child care in the community or registering for your favorite recreation and leisure activities. Crackers the Clown will be on hand to make balloon animals for kids of all ages.

Find out what's new at the library, learn about the numerous courses available through Further Education, or become involved in the International Student Exchange program. You may want to register for Scouts, Guides, 4-H, karate, figure skating and more. Learn about the many ways in which the churches contribute to the community... or maybe consider joining one of the many service clubs.

The Health Centre and Health Unit will be on hand to answer questions about the changes in health care and to inform you about their services and projects.

Have you dreamt about being a DJ at a radio station or winning a million? Then check out the Radio LW and I Want to be a Millionaire booths. Are you more of a realist? then ask about other careers and opportunities at Alberta Career Development and Advanced Education.

You don't have to be new to the community to appreciate what is available. Be sure to attend and learn about the excellent services and programs available in your own community. See you there!

A.C.A. meets in Elk Point

By Irene Magnusson

Alberta Council on Aging

Alberta Council on Aging (ACA) Region 2, Lakeland Branch, met in the Elk Point Seniors 'Centre at 10 a.m., September 14, with approximately 25 members present.

Members represented various towns and areas, the most distant being Fort McMurray. Chairman Bob Pattison presided.

Concerns of the group ranged from a perceived reluctance on the part of other seniors to join ACA (most of this group feeling that to do could only be to the seniors' benefit), to the increasing fear of no longer having adequate health care. As we grow older, and often become more subject to illnesses, we tend to worry more about the facilities and trained personnel available in time of need.

Many feared the changing pattern of health care in Alberta could be to their detriment, with less doctors available, fewer beds in hospitals and many hospitals closing down.

Members felt that the changes in health care (reduction of beds, staff, etc.) had not really reduced costs at all. It was felt that doctors are not having cuts in pay income, as many seniors have had.

A petition to abolish Private Health Care Centres has been formulated: members were invited to add their signatures. The feeling is that these centres are more costly, since BOTH the patient and the government get to pay for the services. The waiting times for serious surgery has lengthened, many seniors (and others) not having to wait many months for joint replacement, etc. Other problems and fears were brought up, making it obvious that seniors DO know what is going on, and would like to have their voice heard.

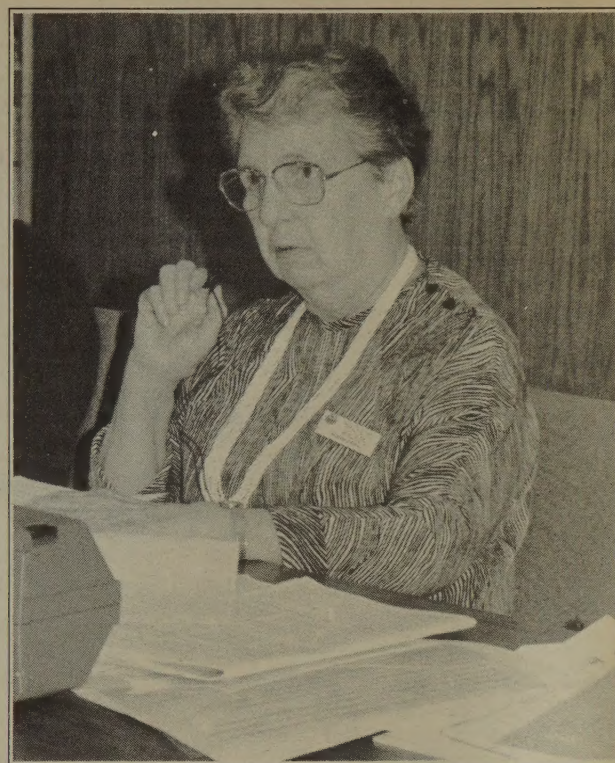
Another concern mentioned was the increase in Video Lottery Terminals (VLTs), with Ed Gordon of Fort McMurray stating that there were a large number of VLTs in his town, draining as much as \$57,000 per DAY out of the city... with very little benefit to anyone but the businesses carrying the machines.

Ed Gordon will replace Mary Woytenko as Lakeland Branch Vice President (she has resigned due to illness); Lesley Tuck, also of Fort McMurray, was declared the new secretary. The next Board meeting will be at Ashmont, November 14, 1995.

The afternoon session opened at 1 p.m., following

lunch served by the Pioneer Circle ladies, with ACA President Hazel Wilson featured as guest speaker. Most of her presentation was on the Alberta Health Care programs, with many concerns for the elderly mentioned. A solution to the "too many doctors in cities" and "not enough doctors in rural areas" problems may be to pay city practitioners less, and country practitioners more. The waste of our dollars by the practice of rural physicians sending patients to far-off city clinics for diagnosis, only to be sent home for a return bout in a "few weeks," often in pain and uncertainty, was protested. May seniors have no one to care for them in their homes.

Plainly, seniors have much to concern them; membership in such organizations as ACA, One Voice (a national seniors group) and SHAG (a Self Help Action Group) was urged; many voices can be louder than one alone. Those present were urged to read their ACA News, full of information on matters of vital importance to seniors. Also, to join, if not already a member. Only the voice of many concerned members can speak loudly enough to be heard.



ALBERTA COUNCIL ON AGING PRESIDENT Hazel Wilson addressed the Lakeland Branch members last Thursday in Elk Point, and expressed grave concerns regarding health care.

Flu season is almost here - are you protected?

The flu season usually arrives by November and lasts until spring. Flu vaccine should be given now in order to achieve good protection. Persons receiving the flu vaccine develop antibodies which will last throughout the current flu season. Yearly immunization prevents flu in about 75% of people who take it and can reduce the severity of illness in others.

Anyone can get sick with the flu, however certain groups of people are considered at greater risk of complications. These groups include:

- a. anyone age 65 or older
- b. Those with chronic lung disease such as asthma or emphysema
- c. individuals with heart disease
- d. diabetics or those with

other chronic metabolic disorders

- e. those with anemia
- f. anyone with diseases or undergoing treatment that suppresses immunity.

Health care personnel with extensive contact with people who are greater risk should also receive immunization.

People who meet these criteria can receive immunization free of charge though the provincial immunization programs at health unit clinics.

Individuals with severe allergies to eggs and egg products should NOT receive flu immunization.

Side effects from the immunization are minimal: slight tenderness at site of injection; slight elevation of temperature, chills, headache or mild nausea.

These would occur in the first 24 hours following immunization.

Each health unit will be holding clinics for flu immunization. Please see the advertisement on this page for dates. No appointments are necessary.

Reminder to parents of teens and children: Products containing ASA (ie. aspirin) should not be used to treat flu symptoms (or chickenpox) as there is a potential risk of development of Reye's Syndrome - a rare but serious disease involving the brain and liver.

Contact the nearest health unit office, or consult your doctor if you have any concerns or questions. DON'T DELAY - vaccine should be given before the end of October.

LAKELAND
Regional Health Authority

FLU VACCINES

WHEN: October 4 & 11

WHERE: Elk Point Sr. Citizens Centre

TIME: 9:00 - 12:00 & 1:00 - 4:00

*For more information
please contact your local
Health Unit at 724-3532*

CASH AUCTION SALE

Having received instructions from the
ESTATE OF
ANTON T. ZAROWNY

We will sell by public auction at his residence
located at 5313 - 50 Ave.,
Across (South) from the Hospital
ELK POINT, ALBERTA
Sat., SEPTEMBER 30, 1995
12:30 p.m.

HOUSEHOLD: Zenith Fridge * Apart. Size Washer & Dryer * Whirlpool Electric Range * Entertainment Centre * Chrome Table & Chairs * Chesterfield & Chair * Double Box Spring & Mattress * Recliner * Captain's Bed - 54" * China Cabinet * Single Bed * Color T.V. * Dresser * Coffee Tables * End Table * Hostess Chair * Pots, Pans, Dishes * Ornaments * Hide-a-Bed * Misc. Items

SHOP & YARD EQUIP.: SEARS LT II Riding Lawn Mower - 11 H.P. * MTD 5 H.P. Rototiller * Gas Lawn Mower * Air-O-Matic Air Compressor * Air Wrench * Paint Sprayer * 4" Planer * Jointer * Xpert 24" Table Saw * Makita 4" Angle Grinder * Small Tap & Die Set * Gear Pullers * Various Wrenches * Tool Boxes * Hand Saws * Skil Saw * Jack-All Jack * Mitre Saw & Stand * Wood Oak Barrel * A Few Antiques

This is a partial List Only. Many Articles too Numerous to Mention.
Sale Subject to Additions & Deletions.

SKOLARCHUK AUCTION SERVICE

Box 125, Elk Point, AB T0A 1A0
Auctioneer: Walter Skolarchuk License # 165978

FCSS News

Mastering change - five steps to coping

Last week we talked about coping with change; today we'll look at mastering change.

Step One: Recognize that change is occurring. In order to deal with change, you must recognize that it is occurring. Be open to the messages from your environment about change.

Step Two: Identify the changes that affect you. Although we live in times of rapid change, not all of the changes will have a direct impact on you. You must sort out the important from the unimportant. Accurate information is a key factor in this identification process. Read a variety of magazines. Talk to people from a broad range of professions to find out what is affecting them.

Step Three: Determine the type and pattern of each change. Once you have a broad picture of changes likely to affect you, determine whether it is likely to be cyclical or structural in nature. Also assess the size and rate of the change. Remember that most of the changes associated with the so called information age are likely to be extremely rapid.

Step Four: Rank change probability and importance. Construct a matrix to evaluate the changes you identified. On one axis, plot the probability (high, medium, low) and on

the other the importance (high, medium, low).

Step Five: Plan and implement adaptation. Essentially, you can respond to change in two different ways. You can develop completely new activities and totally change what you normally do or you can simply vary the amount that you do (do more or less of the same thing).

Next week, we'll learn about talking calmly word-by-word to cope with anger.

FIRST NIGHT FEST

As part of the 1994 International Year of the Family activities, Elk Point hosted a "First Night Fest" event on New Year's Eve. Overall, the event was felt to be very successful and it was recommended that this become an annual event. A planning meeting has been scheduled for Monday, September 25 at 7:00 p.m. at the Seniors' Centre to further discuss this possibility. Interested community members are invited and organizations are asked to identify one or two individuals from their group to attend the meeting.

WELCOME TO THE ROBERTS FAMILY

A special welcome to Roland and Claudine Roberts and daughter Kaitlyn who have recently moved to Elk Point from Newfoundland. Roland is currently employed with B & R Eckels. We hope you will enjoy the facilities, hospitality, services and friend-

ships that the Elk Point community has to offer. Please help welcome the Roberts family when you see them.

ALZHEIMER SUPPORT GROUP

The Alzheimer Support Group will meet on Wednesday, September 20 from 1:30 to 3:00 p.m. in the Extencare Conference Room (4614-47 Ave., St. Paul). Refreshments will be served and there will also be discussions and videos. For more information call Normande Tannas at 645-3375.

UPCOMING WORKSHOPS

*September 24—Self Esteem and Self Care. For more information call Lynne at 826-7827.

*October 13 - 14 —Stronger Families Through Positive Parenting is the theme of the Family Focus '95 Conference in St. Albert. Call 459-7377 for more information.

*October 20 - 21 — Harbour Retreat for Women in Cold Lake. Workshops on self empowerment, inner healing, personal finances, balance and harmony, alternative medicine, nutrition, health and more. Call Marlene or Laura at 826-4236 or Dianne at 826-4362 for more information.

*October 29 Anger Management workshop. For more information call Lynne at 826-7827.

*November 1 - 2 —Helping Clients Deal With Anger. If you work in the human services field, this workshop is for you.

Our clients are under greater pressure than ever, and dealing with the angry client is becoming commonplace. This workshop will enhance your skills in helping your clients to manage their anger. To register call AADAC at 645-6346.

TIDBITS

There are no problems, only opportunities to be creative. - Dorye Roettger

Beware of the path of least resistance. That is what makes people and rivers crooked. - Anonymous

11th ANNUAL INFORMATION NIGHT

Tuesday, September 19, 1995

7:00 p.m. - 9:00 p.m.

at the
ELKS HALL (4906 - 51 Street)

Come and Find Out What's In Your Own Backyard!

- Free Admission!
- Meet "Crackers the Clown".
- Balloon animals for the kids of all ages.
- Register for fall programs.
- Find out about Elk Point clubs and agencies.
- Meet the people in your community.
- Displays, demonstrations and ideas to keep you busy this fall.
- Discover the resources to help you achieve your goals.
- Refreshments, door prizes and more!



Sponsored By:
Elk Point F.C.S.S.
724-3800

CHECK THESE OUT

5117-54 A Street

This 1328 sq. ft. 9 year old bungalow with double attached garage has all the features to please everyone. Oak cabinets and sunshine ceiling plus built-in dishwasher, fireplace, bay windows, all window coverings, finished basement, deck and fenced back yard are only some of the many extras. **Do not wait to view!**

Re-furbished

1977 14' x 70' San Juan Mobile with 12' x 30' addition and 6' x 12' deck. New counter tops and repainted interior. Gas water tank. **An Excellent Deal at \$29,000.**

SAVE RENTAL PAYMENTS

with this 672 square foot, 2 bedroom home on a 50' x 150' lot. Includes fridge & stove and window coverings. Listed at only \$17,000.

Price Reduced

This 50' x 125' parcel complete with old house is ready for commercial development. Adjacent to Elk's Hall. Start your business now! **PRICE REDUCED TO \$13,000.**

CLOSE TO DOWN TOWN

4822 - 51 Street

This small 2 bedroom home close to down town is the ideal rental home, or rebuilding location. The exterior finish is stucco with asphalt shingles. Included in this listing, is a fridge and stove. **REDUCED to \$20,000.**

Quarter Section

3 1/2 miles north west of Elk Point, approximately 43 acres in hay. Excellent building site. Very reasonably priced.

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ViewPoints

Back to budget basics

In the fall, it's back to school for many people. And for many parents and students expenses for books, tuition and special trips make them feel cash strapped. Now is the time to take control of your finances by developing a budget and sticking to it.

When asked, most Canadians know budgets are important and yet, most people do not have a personal budget. Wanda Hines, Customer Service Representative, Avco Financial Services, says, "Developing a budget means that you have to be honest with yourself and requires a disciplined approach. Start building a budget by listing all of your income for a year, month by month. This is important for seasonal workers or summer students as income changes. Often you feel rich when you get your paycheck, but when the job is over, the pay stops coming."

Next list expenses. Money management experts suggest that you record every cent you spend for a month. At the end of the month, add up all of your expenses. Usually, most people spend all the money they have in their wallets and claim that they don't have any spare change at the end of the month. "Look at your expenses and prioritize them into three lists: 'must haves,' 'nice to haves,' and 'like to haves,'" suggests Hines. "Make sure that you include a monthly savings amount for those emergencies such as car/home repairs."

DOLLAR SENSE

Review your income total and your revised expenses. Check that your expenses are less than your income, otherwise it's back to the expense list again for another review!

Once you have your budget, stick to it. Plan your shopping, and resist temptation by not carrying extra cash. Those who stick to their budgets have powerful feelings of being in control.

Budget Basics

- ✓ list the income you expect to receive in a year
- ✓ record and prioritize your expenses in a year
- ✓ include a monthly savings amount
- ✓ compare your income to your expenses
- ✓ stick to your budget and be in control of your spending habits.

Dollar Sense is a series of articles on money management prepared by Avco Financial Services.



"Then shall the earth yield her increase; and God shall bless us."
—Psalm 67:6

YOUR SENSES will tell you that God made the autumn

You can see all the trees now in scarlet and gold, And the colors are truly a sight to behold. We enjoy the brief time that the leaves are around, Till they all disappear when they drift to the ground. Smell the pungent aroma each person receives From the smoke of the bonfires burning the leaves. Hear the crackling noises the flames will produce, While consuming the leaves that have no further use. Feel the wind in your face as it cools off the land, And it shows you the love of our Father at hand. So let's give Him our thanks, for we know He is near, When the beautiful season of autumn is here.

— Gloria Nowak

Violence in society: a public health perspective

In an issue paper, *Violence in Society: A Public Health Perspective*, the Canadian Public Health Association (CPHA) urged governments and Canada's health community to make violence a priority health issue.

Since the health care system continues to focus on alleviating disease as opposed to looking at the root causes of ill health, it tends to ignore the origins of violence and concentrates on the symptoms of physical and psychological injury. As a result professionals have often failed to take measures to prevent further violence despite the severity of the problem.

Fifty per cent of all injuries presented by women to the emergency department in hospitals occur in the context of wife assault.

Health effects of violence

The health effects of violence are far reaching. National population-based data describing the magnitude of these effects are not yet available. However, understanding of the significant short-and long-term effects of violence against women and children has grown.

A comparison of adult women victims of crime showed that rates of "nervous

breakdowns", suicidal thoughts and suicide attempts were significantly higher for crime victims than for non-victims. Victims of sexual violence had more problems than victims of physical violence and robbery. Nearly one sexual assault victim in five (19.2 per cent) had attempted suicide, compared to 2.2 per cent of non-victims.

Compared to women who have not been abused, 40 per cent more of battered women report use of drugs to sleep and 74 per cent more of battered women report use of drugs to relieve anxiety. Women who were psychologically abused by their partners had five times the risk of alcohol dependency, and physically abused women had eight times the risk.

Battered, pregnant women are twice as likely to miscarry and four times as likely to have low birth-weight infants. Children who experience abuse are more likely to suffer mental health problems as children and as adults.

Survivors of child abuse are seven times more likely to become dependent on alcohol and drugs and ten times more likely to attempt suicide than those not abused as a child.

Sixty to 70 per cent of run-aways and 98 per cent of child

prostitutes have a history of child abuse. Eating disorders such as bulimia and anorexia can result from sexual abuse in childhood.

Approximately one-third of all individuals who are abused as children (either physically or sexually abused, or extremely neglected) will be violent in their families as adults.

For children who witness abuse, the psychological and emotional impact is remarkably similar to direct victimization.

Children who witness violence often suffer from low self-esteem, tend to lack self confidence, feel fearful and vulnerable, and many have feelings of guilt and responsibility for their mothers' suffering.

In a recent study in Quebec, 20 per cent of children staying in women's shelters experienced mental health problems, compared to four percent of children in the population at large.

Violence in Society: A Public Health Perspective is available from the Canadian Public Health Association, 400 - 1565 Carling Avenue, Ottawa, ON K1Z 8R1; tel. (613)725-3769; fax (613)725-9826.

ARTHRITIS HELPLINE

REACH OUT FOR HELP!
1-800-332-1316



The Elk Point REVIEW

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Phone 724-4087 Fax 724-4211

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ELK POINT SKATING CLUB REGISTRATIONS

Sat., Sept. 23 10:00 a.m. - 3:00 p.m. Thurs., Sept. 28 6:00 p.m. - 9:00 p.m. Arena

Due to increased costs in running these programs, the fees have been increased to: Canskate \$120.00; Canfigure \$145.00; CFSA \$215.00. A Tots Skating Program will no longer be available.



FIRST, A WARMUP SESSION - Sandra Ockerman (foreground) led the Terry Fox Run participants in a warmup session to prepare some seldom-used muscles for the rigors of the challenging 10 kilometre course.

More from Elk Point's annual Terry Fox Run



FUN FOR THE WHOLE FAMILY - Families were encouraged to get involved in the Terry Fox Run, and every age group from tots to seniors turned out for the event.



BOBBY ON BICYCLE -- Not a London policeman, but our own local RCMP Sergeant John Humphrey, who travelled the Terry Fox Run course on his trusty two-wheeler.

***Congratulations to all
who participated
in this very successful
event!***



Post Office victim of vandalism

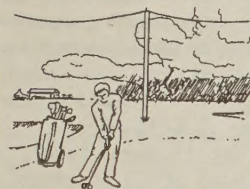
By Cst. C. R. de la
Giroday
Elk Point RCMP Detachment

Sometime between Friday, August 25, 1995 and Saturday, August 26, 1995, the window in the front door of the Post Office was broken. Elk Point RCMP are requesting anyone with information on this vandalism or any other information on vandalism done to the Post Office to contact them at 724-3964 or 724-3829.



This is not ...

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Stormy weather

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ELK POINT MINOR HOCKEY



REGISTRATION

Sept. 23, 10:00 - 3:00 p.m.
Sept. 28, 6:00 - 9:00 p.m.

EQUIPMENT SWAP - SAME TIMES

REGISTRATION FEES

CATEGORY	AGE	FEE
Fly-Weight	Up to 5	\$75.00
Micro-Novice	5, 6, 7	\$100.00
Novice	8, 9	\$125.00
Atoms	10, 11	\$150.00
Pee Wee	12, 13	\$175.00
Bantam	14, 15	\$200.00
Midgets	16, 17	\$225.00

Danyluk back on County Council, School Board

(Continued from Front Page)
school trustee, also by acclamation.

Veteran Councillor Bob Smith did not seek re-election in Division 1 of the County. That seat will be contested by Allen Young, Fritz Youngmans, George Anderson and Johnny Lypowy.

Bill Ference, who has served Division 3 for more than a decade, also declined to run again. No less than seven candidates will contest that seat: Nick Zacharuk, Raymond Marcoux, Harold Lefebvre, Gerald Krankowski, Victor Tessier, Dennis Shtybel and Jules Fontaine.

Marcel Leroux will seek to defeat incumbent Frank Schwengler in Division 4, Leonce Langevin and Dwayne Severin will vie for the

Division 5 position formerly held by Robert Bouchard, current reeve Dwayne Lindberg is in by acclamation in Division 6, and William Sadlowski will go against incumbent Walter Kaprowski in Division 7.

In the School Board race, Ed Sosnowski, Division 2 - Myrnam/Derwent, Gerald Olynyk, Division 3 - Two Hills/Willingdon, and Conrad Richer, Division 5 - St. Paul North, are all in by acclamation. Incumbent Lorne Buryn and Bryan Hearn will vie for Division 4 - St. Paul South, Romeo Ayotte and Shelley Dyck for Division 6 - Ashmont/Mallaig, and incumbents Bill VanLeeuwen and Terry Laboucane with Peter Tychkowsky for Division 7 - Glen Avon.

Too much of a good thing

If you knew your best friend was in danger, wouldn't you want to help? Well, our best animal friends, the dogs and cats who share our lives, are in a crisis called pet overpopulation. The good news is that the solutions are within reach and the bad news is that many pet owners still refuse to believe that there is even a problem at all.

But can my one dog or cat really be responsible? Male or Female, absolutely. Why are there so many dogs and cats? Dogs can reproduce twice a year beginning as young as six months of age. In just six years, two dogs and their offspring can theoretically be the source of 67,000 puppies. Cats are able to have three litters per year, and are even more prolific. Theoretically over a seven year period, two cats and their offspring can produce 420,000 kittens.

According to estimates, just one of every five animals born will find a home. While there is an estimated 4.5 million households in Canada that own dogs or cats, or both—there are simply just not enough good homes for them all.

The greatest preventable cruelty inflicted upon dogs and cats is pet overpopulation. The single most effective and humanitarian solution lies in encouraging responsible pet ownership by reducing the number of unwanted births.

Despite the dedicated efforts

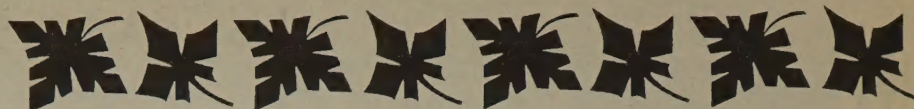
of concerned individuals and humane organizations, the fact is, many people are still breeding cats and dogs while tons of thousands of unwanted animals languish in animal shelters or on the street without a home.

Increasing numbers of physicians are now echoing what many of us have known—and that studies have confirmed—for years: Pets are good for what ails you. They are our constant companions who provide us unconditional love and trust. They share and enrich our lives and in return they ask for so little.

The Humane Society of Canada (HSC) is proud to announce the launch of a five year national campaign called "Everyone's best friends." Through a creative and engaging multifaceted campaign we will be asking children and adults in every community across Canada to work with us in partnership to make this a world where all dogs and cats have a chance to be loving, life-long companions.

If you knew your best friend was in trouble, wouldn't you want to help? Spaying or neutering your pet is the first step in helping your best friend—because a life is a terrible thing to waste.

For more information call the Humane Society of Canada (HSC) using our toll free number 1-800-KIND.



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HELP FOR THE LIBRARY - Daniel Peterson hands over the \$2000 cheque on behalf of 2M Resources to librarian Denise Smereka. Other members of the food prep crew pictures are Chris Bueckert, Robert Vankosky and Bernie Kulczycki.

FGM's R. E. Beattie Library helped by many

By Denise Smereka
Librarian

The R. E. Beattie Library at the F. G. Miller High School would like to acknowledge those people who donated time and books to the library in the 1994-95 school year.

Special thanks to those parents and people in the community who donated their time for the Forensic Science program that we hosted in November of last year. The donation of books from the the following peo-

ple is also greatly appreciated, especially at a time when the library budget seems to be shrinking in proportion to the cost of books. Those people who donated books are: Jennifer Carson, Ron Onusko, Elmer Bjornstad, Cheri Lindquist, and numerous federal and provincial agencies. (We hope we have left no one out. If we did, thank you for your donation.)

Finally, we would like to acknowledge 2M Resources for their generous donation of \$2000. This money will be

used for books and other materials that will be needed in the upcoming year.

2M Resources is a school based company that is operated by the Special Projects students and Mr. Ron Onusko. In previous years, and last year, 2M Resources has operated the hot food sales in the school cafeteria. Their generosity is greatly appreciated and their dedication to the students of F. G. Miller High School is to be commended. Thanks, boys!

Red Cross needs campaign coordinator

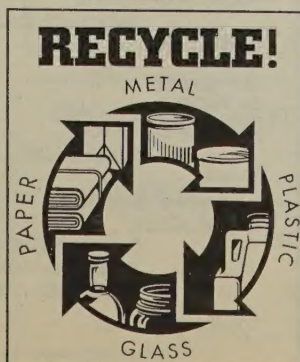
Interested in enhancing your resume with volunteer work experience? The Red Cross is looking for a volunteer campaign coordinator for the Elk Point district's door-to-door campaign.

As the community campaign coordinator, you would receive personal one-on-one training. The main duties of this position are to recruit and familiarize volunteer canvassers with the Red Cross campaign. This volunteer position requires a time commitment of approximately 30 hours during a four-week campaign period once a year. As well, if you are willing to make a two year commitment, you will have the opportunity to attend an all-expense-paid corporate sponsored fundraising conference at the Jasper Park Lodge in October.

Most importantly, you would have the personal satisfaction of making a difference... supporting Red Cross services such as blood donor recruitment, injury prevention and water safety programs, and emergency assistance to victims of floods, fires and other disasters.

All the money raised through door-to-door campaigns stays in Alberta and Northwest Territories to help these citizens. This past year alone over 285,000 people have been a part of the Red Cross family, either through donating precious blood, receiving First Aid or water safety training, receiving emergency assistance due to house fires, or receiving sickroom equipment on loan free of charge.

Help the Red Cross help Alberta or Northwest Territories residents by joining the Red Cross fundraising team. Call you local Red Cross Branch manager (Evelyn Lavery, Edmonton, (403) 423-2680) if you can help the Red Cross with the campaign.



PUBLIC MEMBERS

LAKELAND COLLEGE BOARD OF GOVERNORS

Jack W. Ady, the Minister of Advanced Education and Career Development, is seeking applications from Albertans interested in serving as public members of the Lakeland College Board of Governors. Lakeland College is an interprovincial institution serving northeastern Alberta and northwestern Saskatchewan, with corporate offices located in Vermilion. Further information can be obtained by calling Board of Governors Chairman, Leonard Fundytus, at 853-8513 or President, Steve Pawlak at 853-8510.

There are currently three vacancies in the public membership. A public member shares with the Chair and other members of the board the responsibilities of: governing the college; formulating policies enabling the board to make responsible decisions on fiscal and academic matters; establishing the purpose and vision of the college; and has a commitment to the academic, financial and social well-being of the college and to adult learning generally.

To be eligible, you must be a Canadian citizen or permanent resident of Canada, and a resident of Alberta. In addition, you should have a demonstrated interest in the college; an awareness of issues affecting education and training of adults; an understanding of financial matters; interpersonal abilities to deal effectively with other board members and a variety of interest groups; good communication skills; and demonstrated community service.

Appointment: A public member is appointed for a term of up to three years and may be reappointed for one further term of three years.

There is no salary available with this position.

If you are interested in this unique opportunity, please forward a resume or a statement of your related qualifications to:

**Alberta Advanced Education and Career Development
Human Resource Services
8th Floor, Commerce Place
10155 - 102 Street
Edmonton, Alberta T5J 4L5**

Phone: 422-4493 Fax: 422-5362

Application deadline: October 6, 1995

Alberta

ADVANCED EDUCATION AND
CAREER DEVELOPMENT

Direct-seeding, fertilizer relationship to winter wheat

Research to date has shown fertilizing winter wheat in the fall may be a better choice than the spring says an Alberta Agriculture soil fertility specialist.

Ross McKenzie, along with Allan Middleton, of the department's agronomy unit are involved in a three-year winter wheat fertilizer project. They're studying conventional versus direct-seeding to establish winter wheat as well as the effects of seed-placed nitrogen fertilizer in the fall versus broadcasting in the spring.

Two sites were part of the

study in 1994. They were used to look at fertilizer applied at seeding and in the spring. "Our results to date are only for the Lethbridge and Bow Island sites, and while they aren't conclusive, they are interesting," says McKenzie.

The 1994 results suggest higher rates of nitrogen fertilizer, whether seed-placed or banded, didn't effect winter hardiness or over winter survival.

"Surprisingly to us, there wasn't a significant response to phosphate fertilizer at either site when ade-

quate nitrogen fertilizer was applied," he adds. However, McKenzie normally recommends 15 to 25 lb./ac. of phosphate fertilizer, placed with the seed, to improve winter hardiness.

At both locations where nitrogen was banded prior to seeding, plant populations were 10 to 30 per cent less than those on direct-seeded treatments. "Banding prior to seeding had a negative effect on seedbed quality," he notes.

Fall banded or seed-placed nitrogen fertilizer resulted in higher yields

than spring broadcast fertilizer at Bow Island. There were little different in winter wheat yields between the fall and spring timing at the Lethbridge site.

Four new sites — at Bow Island, Barons, High River and Pincher Creek — were added to the study in the fall of 1994. Site fertilizer and seeding treatments were done in co-operation with the Alberta Farm Machinery Research Centre.

"We've added another type of fertilizer treatments, a block of four anhydrous ammonia treatments, to all

the sites except High River. They'll be another source of data and comparison for the study," says McKenzie. Plans are to add another five sites this fall for study in the 1996 crop year.

A number of partners funded the research project in 1995. They include the Alberta Agricultural Research Institute (AARI) Farming for the Future on-farm demonstration program, Sherriitt, the Alberta Winter Wheat Producers Commission, the Potash and Phosphate Institute and Westco.

Manure answer for lower cost fertilizer

Manure could be your answer in the search for an excellent low cost fertilizer, says an Alberta Agriculture soil fertility specialist.

"Many farmers are looking for alternatives because commercial fertilizer prices have increased dramatically over the past two years," says Ross McKenzie.

"If you live within hauling distance of a feedlot or other intensive livestock operation, manure is that alternative," he adds.

Manure has a number of nutrients. For example, nitrogen, phosphate and potassium are available from feedlot manure. So are other plant nutrients such as calcium, magnesium, copper, manganese, iron and zinc.

"Nutrient levels can vary dramatically depending on the type of animal manure as well as environmental conditions during storage and handling. You do need to consider these variables when you apply manure for fertilizer," he says.

Delivering and spreading manure costs in the range of \$3 to \$5 per ton depending on the hauling distance. At a 10 ton per acre application rate, manure's total cost per acre would be \$30 to \$50.

"This is excellent value. If you plug in the commercial value of nitrogen, phosphate and potassium in feedlot manure, a 10 ton per acre application rate is worth approximately \$180

per acre," notes McKenzie.

But its nutrients and cost, aren't manure's only benefits. Manure also increases the organic matter content of the soil. The result is a number of physical improvements in soil quality including increased water holding capacity, improved soil structure and tilth, increase water infiltration rates reducing water run off, reduced oil crusting problems and less susceptibility to win and water erosion. As well, soil will increase its

buffering capacity against changes in pH.

"You may also be helping your neighbor," says McKenzie. Occasionally intensive livestock farmers are faced with the problem and cost of manure disposal.

"So there's a double benefit. Your neighbor disposes of extra manure and you get an excellent source of fertilizer by paying transportation costs. It's an example of a win-win situation that benefits the whole agricultural community," he adds.

WGTTTP deadline extended to Nov. 1

Prairie landowners have another six weeks to send in their applications for the \$1.6 billion Western Grain Transition Program. Payments Program. Federal agricultural minister Ralph Goodale has extended the application deadline from September 15 to November 1. In spite of the extension, Goodale urges eligible applicants to send in their forms as soon as possible to avoid distribution

delays. Payments are based on eligible acres, land productivity and distance from the ports of Vancouver and Thunder Bay. In the case of rented land, landowners must reach an equitable agreement with their lessees regarding the transition payment. Landowners who haven't received an application form or who need more information, can call 1-800-667-9962.



PUBLIC NOTICE COUNTY OF ST. PAUL NO. 19 ENVIRONMENTAL PROTECTION AND ENHANCEMENT ACT NOTICE OF APPLICATION

County of St. Paul No. 19 has applied under the Environmental Protection and Enhancement Act, for a renewal of an existing approval for the continued operation and reclamation of a sand and gravel pit. The operation is located at SE of Section 20 Township 56 Range 7 W4M (in the Elk Point area).

This application is for the disturbance of 8.3 ha and will include dry pit excavation. Soil material will be conserved for reclamation. This site will be reclaimed to pasture.

Pursuant to section 70 of the Environmental Protection and Enhancement Act, any person who is directly affected by this operation may submit a written "statement of concern" regarding this application. Such a statement of concern must be submitted to:

Director of Land Reclamation
Department of Environmental Protection
Regulatory Approvals Centre
Main Floor, 9820 - 106 Street
Edmonton, Alberta
T5K 2J6

within 30 days of the date of this notice. Please quote Application No. 001-15675 when submitting a statement of concern.

Issues relating to land use compatibility, hours of operation, haul routes and vehicle traffic are not within jurisdiction of Alberta Environmental Protection.

Copies of the application can be obtained from County of St. Paul No. 19, Attention: Robert Krawchuk, County Commissioner, 5015 - 49 Ave., St. Paul, Alberta, T0A 3A4, Tel: 645-3301, Fax: 645-3104.



County of St. Paul No. 19 MANNED LANDFILL SITES WINTER HOURS

Effective October 1, 1995 to March 31, 1996
HOURS OF OPERATION:

SATURDAYS - 12:00 p.m. - 6:00 p.m.	N.E. 24-60-10-W4
TUESDAYS - 12:00 p.m. - 6:00 p.m.	N.E. 34-59-11-W4
MALLAIG	N.E. 8-56-4-W4
ASHMONT	N.W. 8-59-9-W4
WHITNEY LAKE	
VINCENT LAKE	

HOURS OF OPERATION:	SATURDAYS ONLY - 12:00 p.m. - 6:00 p.m.
ST. EDOUARD	N.W. 27-57-8-W4
LAFOND	N.W. 20-56-10-W4
LOTTIE LAKE	S.W. 34-58-11-W4
ST. VINCENT	N.E. 32-59-9-W4

HOURS OF OPERATION:	TUESDAYS ONLY - 12:00 p.m. - 6:00 p.m.
ST. LINA	S.E. 29-61-10-W4

HOURS OF OPERATION:	WINTER HOURS:
SATURDAYS - 12:00 p.m. - 6:00 p.m.	
TUESDAYS - 12:00 p.m. - 6:00 p.m.	
THURSDAYS - 12:00 p.m. - 6:00 p.m.	

TOWN OF ELK POINT N.E. 15-56-7-W4
If further information is required, please contact
DENNIS BERGHEIM - Phone 645-3301

What's News at the Library?

The Library is having a 10th birthday bash!

By Michele Duczek
Librarian

Ten years ago this October, the Elk Point Public Library held its grand opening for its present building. We are planning a party to celebrate our tenth birthday and everyone is invited. The party is going to be held on Saturday, September 30, 1995 from 11 am to 3 pm. We will be having storytellers, musicians, balloons, birthday cake and, weather permitting, a little sidewalk art. The Pathfinders will be selling hot dogs so that everyone can make an afternoon of it. Show your support for the library and let us show you how much we appreciate it.

The official cake cutting will be at 1 pm with free

cake for everyone. We will also be having a draw for a wonderful book. All you have to do is guess how many items the computer says we have in our collection. (one hint: more than a thousand, less than a million.)

I would like to take this opportunity to invite anyone who would like to contribute to the entertainment at this party be it a story, a poem, a song or two, to get in touch with me, Michele, at the library (724-3737). We have some people lined up already and would gladly welcome more.

Something else coming up in a few weeks is the annual pie sale. This will be held on the Friday before Thanksgiving. Stay tuned to

this space for further details.

Congratulations go out to the Friends of the Library for another successful bingo. They raised nearly \$1,700 for the library. The next bingo will be on Monday, November 6, 1995.

A few more picture books have found their way onto the shelves:

Those Green Things by Kathy Stinson and Deirdre Betteridge involves a little girl fascinated by all sorts of green things.

Willy Nilly receives a box of magic tricks for his birthday and causes a little bit of trouble in Willy Nilly by Marie-Louise Gay.

Yoshiko is afraid that she is no longer special to her parents when her baby brother is born so she runs

away to live with the cranes in **The Crane Girl** by Veronika Martenova Charles.

LIBRARY CALENDAR:
Friday mornings, 10:30 am.

Storytime. Stories, crafts, songs and more.

Tuesday, September 19, 1995:

The library will have a display booth at the annual Information Night. Stop by and see us.

Saturday, September 30, 1995 11 am - 3 pm:

Our building's 10th Birthday Party. Hotdogs, cake, balloons, storytellers and more.

All of September:

The library is conducting a needs assessment survey.

DID YOU KNOW:

Mickey Mouse made his first appearance on September 19, 1928 in Steamboat Willie.

CHURCH SERVICES

Elk Point Baptist Church
5705 - 49 St., Elk Point
Pastor Jim MacLellan - 724-4194
Family Worship Service
Sundays - 10:00 a.m.
Sunday School
or All Ages - 11:15 a.m.
Call Church answering service for current programs and times.
United Church of Canada
Elk Point

REVEREND NORMAN HARTLEY
CHURCH OFFICE HOURS
Normally - Mornings Tuesday to Saturday;

WORSHIP SERVICES
Sunday - 10:00 a.m. Church Service; 10:00 a.m. Sunday School

Elk Point Christian Community Church
4802 - 53 Ave. Sunday Worship Service - 10:00 a.m.; Sunday School - 10:00 a.m.; Adult Bible Study - Sun. 11:30 a.m. (Child care provided); Youth Group (Fri. Club - Gr. 4, 5 & 6) 2nd & 4th Fri. 7 p.m.; Office hours - Thurs. & Fri. 9 a.m. - 12 noon Rev. Sam Donaldson 724-3353 or 645-2607

Bible Fellowship Church
Clandonald
Services held every Sunday at 11:00 a.m.

St. Michael's Catholic Church
Sunday Mass 12 p.m.

Bethel Lutheran Church
of Lea Park
Sunday Worship Services, 10:30 a.m.

St. Vladimir's Ukrainian Orthodox Church Elk Point
For service times, call 645-5156, St.

COMMUNITY NEWSLINE

Al-Anon Family Group Meeting, Room 605, Elk Point Municipal Hospital, Wednesday evening at 8:30 p.m.

Alcoholics Anonymous meeting, Wednesday at 8:30 p.m., Room 604, Elk Point Hospital.

T.O.P.S. meets every Wednesday, 6 p.m. - 7 p.m., Old Courthouse, west door, Elk Point.

"New To Town" FCSS would like to welcome and familiarize new families with the services and programs available in town. Welcome packages contain a community directory, volunteer directory, coupons, maps and more! Call 724-3800 for more information or drop by 4902 - 51 Street.

Recycle Your Paper - Paper trailer is located at the Universal Bottle Depot - 5214 Railway Ave. We take newspapers, flyers, computer and bond paper. No cardboard boxes, milk or egg cartons, phone books or glossy magazines. Please sort and bundle with string or put in cardboard boxes.

Elk Point Public Library - Mon. - CLOSED; Tues. 10 a.m. to 5 p.m.; Wed. 2 p.m. to 9 p.m.; Thurs. and Fri. 10 a.m. to 5 p.m.; Sat. 10 a.m. to 3 p.m.; Storytime - Fri. at 10:30 a.m. ☺ Photocopies. Extended library services and reliable information sources. Public meeting space available to non-profit organizations at no charge. Please call the Elk Point Library for booking at 724-3737.

The Elk Point Legion now meets on the 2nd Tues. of each month at 7:30 p.m. in the Seniors' Centre.

Elk Point Auto Club - meets at the Empress Restaurant, Elk Point, the 2nd Wednesday of each month. More information call: Ed Smith at 724-2527.

Elk Point Olettes regular meeting is the 1st Thursday of the month. For more information, call Fay at 724-2036.

Elk Point & Area "Stop Family Violence" Support Group - meetings are held 2 times a month. For more information call 724-2380, 724-3800 or 645-1950

Adoption Support Krew - meets the 2nd Mon. of every month at Social Services Bldg., St. Paul from 7:30 - 9:30 p.m.. For more info call 724-3031.

Many Albertans gamble as a form of recreation. For a small minority, however, gambling becomes a problem. If you or someone you know is experiencing personal, social or financial problems as a result of their gambling, confidential help is available. Call 1-800-665-9676.

***** Elk Point Parent Nursery*****

REGISTRATION / GENERAL MEETING

Tuesday, September 26, 1995
7:00 p.m. -- Baptist Church Basement
Donna 724-3373 -- Michelle 724-2564

Business Directory

FALL TIME IS SEPTIC TANK TIME
Call JO-AL'S SEPTIC TANK SERVICE
Fair and Consistent Prices
Call Anytime
943-2465
Heinsburg

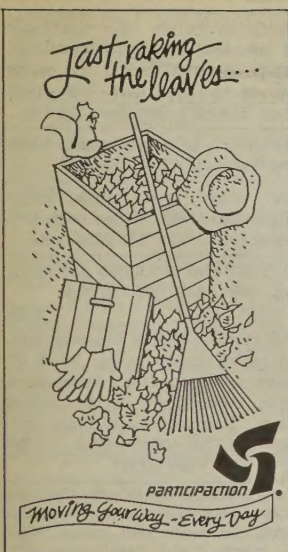
ELK POINT INSURANCE & REALTY LTD.
Phone 724-3926
Box 418, Elk Point,
Alberta T0A 1A0
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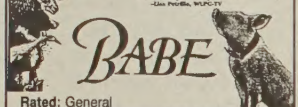


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ELITE THEATRE
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LAST 3 DAYS
September 12, 13, 14

"A MUST-SEE FOR THE WHOLE FAMILY!"
One funny, funny movie!



Rated: General



Rated: Restricted, Gory Violence

STARTS FRIDAY
September 15 - 21

WATERWORLD
KEVIN COSTNER
Beyond the horizon
lies the secret to a
new beginning

Rated: Mature

Lakeland Marketplace Lakeland Marketplace Lakeland Marketplace Lakeland Marketplace

CLASSIFIED INDEX

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1 AUCTION

BUY OR SELL with the auction professionals. For quality service with the highest returns, contact your local Auctioneers Association of Alberta Member. 13-39

19 LAKE LOTS by auction at Fawcett Lake, Sept. 30, 2 p.m. Information package 403-434-2016 or 1-800-661-6977 or Wolff Auction Services 403-954-3895 or 1-800-840-6232. 2-39

UNCLAIMED VEHICLE AUCTION of 180 cars/trucks/motorcycles, Sept. 30/95, 10:00 a.m. Police Vehicle Storage Compound, 12230-124 Ave., Edmonton. 451-0141. Viewing Sept. 28 and 29/95, 10 a.m. - 7 p.m. 1-38

2 AUTO

1982 FORD FAIRMOUNT - Excellent running condition, good rubber, automatic, pb, ps. \$1,200 obo. Phone 403-847-2198. Sept19

Consign your car, truck, motorhome, motorcycle with confidence.

**Ron at
Specialty Motor Car**

5037-50 Ave., St. Paul - 645-6998

4 BUSINESS OPPORTUNITIES

EARN UP TO \$1,000/WEEK - From home limited positions. For free details. Rush S.A.S.E. to: G&R Enterprises, P.O. Box 80049, 82 Athabasca Ave., Sherwood Park, T8A 5T1. Oct3

GAS STATION & CONFECTIONERY - On Hwy. 28A (Fast Food Facilities included), 2 bedroom living quarters, 1.38 acres. Growing business, excellent opportunity for a family. 645-2800. xxx

EARN ATTRACTIVE PROFITS the kasual way selling Koala Kasuals clothing right from your own home. Koala Kasuals is a line of cotton casual wear made in Alberta. Call 403-485-2960. 1-38

GOVERNMENT FUNDS. Government assistance programs information available. For your new or existing business. Take advantage of the government grants and loans. Call 1-800-505-8866. 1-38

SET UP your own Coin Laundry. Unimac (Maytag), Dexter, etc. Complete planning available including financial. No franchise fee. Call toll free 1-800-661-3239. 1-3

4 BUSINESS OPPORTUNITIES

CREATIVE INVESTORS WANTED to submit proposal. The local governments of the Brazeau Region, encompassing the Municipal District of Brazeau, the Town of Drayton Valley, and the Village of Breton, invite proposals from parties interested in the ownership and operation of a structurally sound grain elevator. Proposals would be required to demonstrate innovative or alternative uses for the facility. The mainstay of the local agricultural economy is forage, cereal crop, and beef production. For a detailed information package, please call the Brazeau Initiates Growth (BIG) office at 1-800-633-0899. 2-38

COULD YOU USE extra money? We'll teach you how to earn \$650. a week, or more, part-time, in a secure, home-based business. We are looking for leaders now! 1-800-558-3529. 1-38

TOM AND IRIS are making over \$200. per day from their Canadian Home Distribution Business. You can too! Call: 1-800-269-9769, dial ext. 7333. 1-38

LOOKING FOR a licensed Ford technician, some Ford diesel experience, for established rural Ford/Mercury dealership. Mail resume to: Box 355, Vulcan, AB, T0L 2B0. Attention: Bill Oness. 1-388

6 EMPLOYMENT OPPORTUNITIES

EXPERIENCED HAIR STYLIST - Required at Single Styles, Elk Point. Full time or part time. Phone Annette 724-4197 days or 724-2922 evenings. Sept 19.

HOUSEKEEPING STAFF REQUIRED - Apply in person to Hilltop Motor Inn. Sept19

EARN UP TO \$20 AN HOUR AT HOME - For free details send S.A.S.E. - M. Magnan, Box 63, St. Paul, AB, T0A 3A0. Sept26

REQUIRED IMMEDIATELY, picker operators, red truck, and winch tractor operators, also H.D. mechanic. Send resume to: Box R c/o The Bonnyville Nouvelle, Box 8174, Bonnyville, AB, T9N 2J5. 4-40

SALESPeople NEEDED to sell toys, gifts, home decor for C & M Gifts. Two full colour catalogues. Exclusive items, low prices, no investment. Call 519-258-7905, fax 519-258-0707. 4-39

SUNSHINE VILLAGE Ski Resort, Banff requires enthusiastic, well presented, reliable individuals committed to service excellence. Help us open our new Goat's Eye Mountain! Various seasonal positions. Reply: Box 1510, Banff, AB, T0L 0C0. Fax 403-762-6513. Only those to be interviewed will be contacted. 3-38

WANTED: Live-in couple to manage 32 unit motel. Call 403-778-2276 or write to: Box 2100, Whitecourt, AB, T7S 1P7. 1-38

HEAVY TRUCK PERSONNEL to set up/established used heavy truck parts operation. N.E. Alberta. Aggressive, hands-on, capable of establishing, marketing, inventory control, over-all operation. Ground floor opportunity to build business. Excellent remuneration package, profit sharing option. Reply to: Box Z, c/o Bonnyville Nouvelle, Box 8174, Bonnyville, AB, T9N 2J5. 2-39

REQUIRED: General Manager or Professional for the High Level Golf & Country Club. Candidates to possess good management, organizational and interpersonal skills. Food and beverage experience an asset. Salary negotiable and living accommodations provided. Starting date Mar. 15, 1996. Send resumes by Oct. 10, 1995 to: Selection Committee, Box 1440, High Level, AB, T0H 1Z0. 2-38

6 EMPLOYMENT OPPORTUNITIES

EXPERIENCED licensed heavy duty mechanic required for Case IH dealership in Alberta. Good facilities. Progressive foothills area town, close to major centre. Call manager 403-652-7944. 2-38

3RD OR 4TH year apprentice or journeyman technician required for Ford dealership. Ford experience preferred but will train. Send resume to: Olds Ford, 5642 - 46 St., Olds, AB, T4H 1B8. Attention Tina or phone 403-556-3301. 1-38

JOURNEYMAN AUTOMOTIVE TECHNICIAN required for busy shop. Good working conditions, group health plan. Send resume to: Box 1225, Valleyview, AB, T0H 3N0. Phone 403-524-3816, fax 403-524-5560. 1-38

HELP WANTED: Qualified instructor to teach Ukrainian dance to various age groups. Coronation and area. 403-578-4230. 1-38

HELI SKI GUIDE area of operation, Revelstoke, BC. Duration: Jan. to Apr. 1996. Qualifications: Licensed ski guide/mountain guide, ACMG and/or UIAGM. Please submit written resume to: Peter Schlunegger, Selkirk Tangiers Helicopter Skiing Ltd., P.O. Box 1409, Golden, BC, V0A 1H0. 1-38

PARTS COUNTER SALESMAN required full-time year-round for heavy equipment business in Edmonton area. Must show initiative and have parts sales, equipment sales or attachment sales experience. Phone 403-962-4490 for appointment or fax resume to 403-962-4495. 1-38

MEAT DEPARTMENT SUPERVISOR (temporary: replacing long term disability leave). Duties: cutting, wrapping, meat and hanging deli ordering and merchandising, customer service. Qualifications: fresh meat department experience, flexible hours, public relations. Thorhild Co-op, Box 160, Thorhild, AB, T0A 3J0. 1-38

SOUTHERN ALBERTA four line G.M. dealership requires a General Manager. Preference will be given to applicants with managerial experience in the car business. Applications with reference to: Box 509, Raymond, AB, T0K 2S0 by Sept. 25, 1995. 1-38

INTERNATIONAL SCHOOL of Auctioneering, Canada's oldest established auction school. Learn to be professional auctioneer from some of the best in the business. Join us! Olds College Campus. Next class Oct. 16/95. 1-800-465-7578. Free brochure. 6-41

HELICOPTER FLIGHT TRAINING: Offering flight training on JetRangers, Recurrent training, endorsements, Ab initio, mountain course/introduction and advanced. Great Slave Helicopters, St. Albert Airport, 403-458-6811; fax 403-458-7311. 4-41

I TEACH the most powerful self-improvement programs in the world. I need instructors: smoking, stress, cancer, alcohol/drug, sleep. Information 1-800-661-2099. Alandel School & Clinics. 1-38

BE A SUCCESSFUL WRITER and write for money and pleasure while learning how. You get individual tuition from professional writers on all aspects of writing - romances, short stories, radio and TV scripts, articles and children's stories. Write, call or fax today for our free book, "How to be a Successful Writer." Toll free 1-800-267-1829, fax 1-613-749-9551, The Writing School, 38 McArthur Ave., Suite 2399, Ottawa, ON, K1L 6R2. 4-40

MONEY MAKING OPPORTUNITIES! Learn income tax preparation or basic bookkeeping. Tax deductible certificate courses by home study. For free brochures, no obligation, contact U & R Tax Schools, 1345 Pembina Hwy., Winnipeg, MB, R3T 2B6. 1-800-665-5144. Enquire about exclusive franchise territories now available. 1-38

7 ENTERTAINMENT & EVENTS

MANNVILLE ELKS 40 bred heifers or \$40,000. raffle. Draw Nov. 4/95. 5 - \$500. prizes. \$500. early bird draw Oct. 1/95. Tickets: \$50. Only 2,000 printed. For tickets: Roy Kary, Box 488, Mannville, AB, T0B 2W0. Phone 403-763-3841. Licence #R120062. 2-39

JR. "B" HOCKEY Tryout Camp - Lac La Biche Jr. "B" Clippers will be hosting a tryout camp for the upcoming 1995-96 hockey season. For more information call Jack at 403-623-3292 or Russ at 403-623-4690 after 6 p.m. 2-38

INSTANT RANCHER RAFFLE - Brooks E.I. Ag Society's 4th Annual: 50 bred heifers; 2nd, \$2500.; 3rd, \$1500.; 4th, \$1000.; 5th, \$500. Information write: Box 1092, Brooks, AB, T1R 1B9. 1-403-362-2262; \$50. ticket. 2,500 printed. Draw Dec. 31/95. Visa/MC. Licence #122305. 1-38

HEIFER CASH DRAW. First prize \$30,000. worth of bred heifers or \$30,000. cash. Second prize 300cc 4 X 4 quad. Third prize golf cart, also 10 prizes of \$1,000. Only 2,000 tickets printed. \$50. each. Trochu Golf Club, Box 689, TOM 2C0. 403-442-2747. Licence #R120587. Mastercard/Visa. 1-38

RAFFLE - Grand prize: GMC 4 X 4, trailer, 2 STX Skidoos; 2nd: \$1,000.; 3rd: \$500. \$25./ticket. Draw Feb. 3/96. 6,000 tickets. Visa/Mastercard. Licence #R121226. Snowmobile Show - Oct. 13 - 15, Mayfield, Edmonton. Alberta Snowmobile Association 403-453-8668. 1-38

FEED & SEED

STRAW FOR SALE - Weed free. Can be delivered. Phone 656-3792. Sept26

LARGE QUANTITY - Big round bales of greenfeed containing grain; hay; Alfalfa, Brome, Timothy and mixed grasses. Also straw. 1993 - 1994 - 1995 crops. 636-3761, Spedden. Sept19.

FOR SALE - 1st cut good quality Alfalfa hay. Phone 352-7274. Sept19

HAY - Mixed Timothy Alfalfa / Brome Alfalfa, also Alfalfa. 4-wheel drive John Deere 7020. Phone 645-2274. xxx

CUSTOM HAY HAULING and sales. Buy - sell - trade. 403-378-2334. 2-38

THE HAYBURNER of Lacombe, buying, selling, custom hauling. 50 - 5 1/2 bales, self unloading. Reasonable rates. Working with hay processing plants. Gary Melnychuk, phone 403-782-7228, Cell, 403-391-0299. 1-38

9 FOR RENT

1 and 2 BEDROOM HOME - Centrally located, recently renovated, fridge and stove, very reasonable utilities, \$300 per month. Call V. MacFarlane 853-6484 Vermilion. xxx

LOVELY WELL KEPT farm home overlooking Derwent Village. \$300. Carl 466-5263. xxx

3 BEDROOM HOUSE in Central Elk Point, includes utilities, \$500.00. Phone 1-435-1481. xxx

10 FOR SALE

FOR SALE

Full featured fast computer
486 DX2 66 Intel CPU premium
upgradable * 4 Mb Ram * 1.44 Mb
Floppy Drive * Dual Speed CD-
ROM * 16 Bit Soundblaster Sound
card * 250 Mb HDD * 1 Mb Local
Bus video * 14,400 USR Fax modem
* DOS, Windows, Grolier, Encarta
and more!
1 Year parts and labour warranty
only \$1,650.00
call Andrew at 724-2890
for details

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Grand Centre Sun

Tuesdays - \$3.00 per week + G.S.T.
Bonnyville Nouvelle

Tuesdays - \$3.00 per week + G.S.T.

Combination of all papers - \$12.00 / Week

(20 cents per word per newspaper insert over 25 words)

Corrections - The publisher will be responsible for only one insertion as a correction. It is the responsibility of the purchaser of the classified ad to check their ad after the first publication and let us know if there is a mistake before the next insertion is printed. The publisher will not be responsible for errors in classified ads that have been phoned.

Place your order at either of our offices:

**St. Paul Journal - 645-3342
Elk Point Review - 724-4087**

■ Lakeland Marketplace**■ Lakeland Marketplace****■ Lakeland Marketplace****■ Lakeland Marketplace****10 FOR SALE**

COMMERCIAL/AGRICULTURAL woodframe metalclad straightwall buildings. Lowest prices. Prompt service. Trouble free construction anywhere. Engineering and design available. Apex Building Systems, Calgary, 403-293-1050, 1-800-679-APEX(2739). 4-39

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Dryer,
Chesterfield Set
Phone 724-3943

SC5 STANDARD bill changer \$2400. capacity. Two's, five's, ten's and old and new twenty's \$2000. 403-678-8883. 1-38

32' X 48' X 12' FARM SHOP, straight wall, galvalum cladding \$6,490. Colored cladding, doors, windows, labor and freight extra. Mastercraft Building Systems Ltd. 1-800-432-1836, Calgary, 403-269-4117. 1-38

CEDAR SHAKES and shingles. Direct from BC mill. Delivery available. Sealant also available to keep shakes from turning gray. Sicamous Cedar Products, 604-836-4540. 1-38

100% PURE SHARK cartilage, 90 capsules/750 mg \$33.; 180 capsules/750 mg \$55. Dealer enquiries welcome. Purity Sales, Box 364, Agassiz, BC, V0M 1A0. Phone 1-800-909-3488, fax 1-604-796-2337. 1-38

ROUND HAY BALES. Cheap. Free delivery. Self unloading. No Sunday calls. Wanted 4030 or larger John Deere. Any condition. 403-843-6380. 1-38

WESTERN REFRIGERATION & Butchers' Supplies Ltd. Suppliers since 1946. New and reconditioned coolers, freezers, ice machines, slush machines, butcher equipment, chicken pressure fryers, fast food equipment. 1232 - 36 Ave. N.E., Calgary, AB, T2E 6M8. 403-250-9656, fax 403-291-9213. 1-38

13 LIVESTOCK

FOR SALE - 1 and 2 year old jumping horse prospects. Phone 645-6929. Sept19

RARE & EXOTIC SALE - Saturday, September 23 - 10:30 a.m. Lloydminster Exhibition Grounds. On offer a good selection of odd and unusual birds and animals - includes Llamas, Hedgehogs, Donkeys, Pygmy Goats, Pot-Belly Pigs, Pheasants, Peacocks, Poultry, Waterfowl, Pigeons, Rabbits and whole lot more! Sale entries accepted until 10:00 a.m. sale day. (306)825-5571. Sept19

FOR SALE - Six year old registered Quarter Horse gelding, 16hh, excellent conformation. Well schooled in the basics, this horse would make a flashy show prospect for the intermediate rider. Phone 724-2538 for further info. Sept19

FOR SALE - Steady supply of weaner pigs (from NDP breeding stock). Excellent grading index. 724-4118 or 724-3066. Sept19

FULLBLOOD LIMOUSIN BULLS - Easy calving, 2-year-olds and 1-year-old, also 16' hitch horse trailer, 2 years old, like new, spare, mats. 645-6933. xxx

PROVEN BREEDING OSTRICHES for sale. Top quality day old to five year old birds. Will board. May take property on trade. Phone Frank at 403-545-2532. 3-39

THE UNTOUCHABLES - 83 proven Red Angus cows, serviced and 10 bred heifers. Mon., Oct. 2, 1995 at 1 p.m., Lakeland Arena, Westeroe, AB. McDougall Cattle Station & That'll Do Ranch - consignors 403-341-5098 for details. 2-39

13 LIVESTOCK

FOR SALE your choice of 140 bred heifers - bred to select Salar bulls. Bulls available for inspection. Phone 403-597-2204. 1-38

STOCK AND HORSE trailers 16' Bumper \$4,875. 16' Gooseneck \$6,375. 12' mini stocks \$3,975. Any size, any colour. No money down, no payments for one year. Lomar Farms - Camrose 403-672-6807. Pross Farms - Didsbury 403-335-4592. 1-38

LOOKING FOR or selling livestock or equipment. Save time and money and have access to the North American market. Call Agri Marketing 1-800-871-1191. 1-38

15 MACHINERY

CASE 530 WHEEL LOADER BACK-HOE. C/w cab, gas engine, good acreage machine. Phone 726-2088. Sept19

1979 LN 700 FORD VMM - Box and trailer, Also older grain truck, grain rack, grain loader (7 inches X 35 feet). Phone 724-2406. Oct3

FOR SALE - John Deere R. Good condition. Also 8' metal stock racks. Phone 724-2460 or 724-2018. Sept19

16 MISCELLANEOUS

FOR SALE - Portable Gibson dish-washer, green stove and fridge, plus 20-ft. Vanguard Travel Trailer. Also 1 GO-CART. 724-2245. Sept26

FOR SALE - One Wheatland 3620 bushel hopper bin. Andrew area. Can arrange delivery. Call 365-2020 - 8 a.m. to 5 p.m. Sept19

18 PERSONAL

PSYCHIC ALLIANCE. 100,000+ satisfied customers. July - 3 lottery winners. Solve all problems. Answers about love, money, career. \$3.49/minute. Talk live 1 on 1. 24 hours. 18+. All calls confidential. 1-900-451-4336. 4-40

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HEAVENLY PSYCHIC ANSWERS. Friends of thousands, multi-talented international psychics. Relationships, future, finance, career, live 24 hours, \$2.99/minute. 18+. 1-900-451-3783. 2-39

SAVE THIS AD. Get your edge on tomorrow - today. Live psychic, tarot, horoscope, dream interpretations. Call 1-900-451-3297 ext. 617. \$1.99/minute. Touchtone. 18+. Infoservice, Studio City, CA. 213-993-3366. 2-39

PYCNOGENOL, SHARK CARTILAGE, circulatory support products help in prevention programs for arthritis and other major diseases. Information or distribution in your area, phone 1-800-251-1517. 1-38

LOCAL DATELINE. The fastest way to meet people, long term or casual, confidential. Call now 1-900-451-6858 ext. 504. \$1.98 per minute. 18+. 1-38

OVER 11,000 searchers registered. Eighteen years helping families separated by adoption. For information call: Parent Finders, Edmonton, 403-466-3335 or write: Box 12031, Edmonton, AB, T5J 3L2. 1-38

ALBERTA 900 DATELINE. Great dates! Alberta girls and guys, voice personals. Call 1-900-451-3099, ext. 489. 18+. Touch tone. \$3.29/minute. Canada 900. 702-593-0303. 1-38

18 PERSONAL

UNEXPLAINED POWER! Psychic tells you things you may not even want to know! 1-900-870-2217. \$2.99 per minute. 18+. 1-38

LIVE PSYCHICS! Have your dreams interpreted; have a tarot card reading or hear your horoscope! Call 1-900-451-3297 ext. 575. \$3.99/minute. 18+, touch tone phone. Infoservice, Studio City, CA, 213-993-3366. 1-38

20 REAL ESTATE

WANTED - Lakefront lot at Laurier Lake. Empty lot preferred but will consider cabin. Must be lakefront. Will pay cash. Gary 403-875-4040 or 875-7694. Sept19

OWN YOUR OWN home in secured adult park in Phoenix, Arizona. 14 X 70 trailer. 2 bedroom, 2 bath, washer, dryer, micro, fully furnished, all new in the last 3 years - lived in 6 weeks a year, well kept. O. Shedd, Box 1629, Drumheller, AB, T0J 0Y0. Phone 403-823-2580. 1-38

GOT A CAMPGROUND membership/timeshare? We'll take it! America's largest, oldest resale clearinghouse. Resort Sales International 1-800-423-5967. Timeshare rentals needed. Call 24 hours a day. 1-38

FOR SALE - 1500 sq. ft. bi-level, well landscaped, on 5.09 acres near town. Covered deck, heated 26 ft. X 48 ft. shop. Asking \$106,000. Very good buy! Phone 645-4659. xxx

MUST SELL - 1500 sq. ft. home in St. Paul. Excellent location for a home based business. Offers call 645-2389 after 6. Sept19

LOTS FROM \$19,995. Bi-levels, bungalows from \$45. per sq. ft. 16 wides from \$45,995. Large selection and top quality Triple E Homes. Pleasant Homes 403-962-0238. 14-51

DARE TO COMPARE the quality of a Chilean manufactured home. Polyurethane injected under pressure to form a wall that stays rigid. R40 ceiling, R26 wall, R30 floor. Red Deer 403-346-3800, Calgary 403-266-5992, Slave Lake 403-849-4424. 2-38

\$41,900. BRAND NEW 3 bedroom, 2 bathroom home with fridge, stove, coverings, gas water heater, 2 X 6 construction, storm doors. Limited offer. Commonwealth Homes, Red Deer, 1-800-341-6675. 1-38

CENTRAL ALBERTA Custom Homes. Best bang for your buck. 3 bedroom, 2 bath, jetted tub. Delivered, blocked, skirted - within 100 miles. GST included under \$45,000. 403-347-5566. 1-38

JANDEL HOMES - Established 1974. Family owned and operated. New 16 wide, 1070 sq. ft., 3 bedroom, 2 full baths, appliances, large country kitchen, delivery, \$40,400. 1-403-478-1404, 1-800-463-0084. 1-38

IT'S TIME to move up, way up. Unique two storey Cape Cod style homes now available. Explore the possibilities. Trades welcome! Noble Homes, Call collect 403-447-2333. 1-38

21 RECREATIONAL

1988 PROWLER 5TH WHEEL HOLIDAY TRAILER - 27 1/2-ft., excellent condition, many extras. \$16,000 o.b.o. 724-2837 after 6:00 p.m. Sept26

8 WHEEL ARGON - Loaded, mint condition, heavy duty industrial. Tandem quad trailer, 2-way, highway axles and tires, \$1,200. Water softener new condition. \$450. 724-2837 after 6:00 p.m. Sept26

22 SERVICES

CUSTOM HAY CUTTING - Anywhere in the Lakeland. Phone Steve Upham. 726-2195. xxx

DR. RICHARD JOHNSON, 5010 - 49 St., Kitscoty, AB. Tuesday, Thursday, Saturday. 9:30 - 2 p.m. 1-800-861-7978. 1-38

24 TRAVEL

JOIN US at the Lake Louise Inn, our Mountain Escape (formerly Slim Inn). Available Oct. 1, 9, 15, 23 - Starting at \$425./4 night package. Reservations/information: 1-800-661-9237. 3-39

**FULL TIME DRIVER
NEEDED FOR MINI BUS**

Insurance requires clean abstract and passenger bus experience. Quality Time Tours, Elk Point. 724-3308

Pioneer Circle Bingo

September 4, 1995

Sylvester Gladue \$30, Ed Bochon \$30, Helen Trach \$30, Dalys Osguthorpe \$60, Bernice Bykowski \$15, Mary Bugera \$15, Alice Dreilich \$30, Mary Vogel \$60, Dan Demchuk \$30, Helen Trach \$15, Mary Prusak \$30, Mary Bepasko \$25, Pearl Zapessocki \$27, Ann

Sheplawy \$10, Adella Jennissen \$60, Lucy Smereka \$53, Lena Cap \$21, Margaret Clark \$32, Ed Bochon \$17, Jozlyn Janvier \$17, Mary Bugera \$76, Alice Drielech \$56, Stan Jendruck \$14, Earl Pynten \$14, Helga Vaughan \$14, Lena Cap \$14, Dan Demchuk \$14, Violet Gladue \$14, \$28.



NOTICE

County of
St. Paul No. 19

Proposed Modified Sanitary Landfill

PNE 23-60-12-4

A public meeting will be held on
Saturday, September 23, 1995.
Commencing at 2:00 p.m. at the Boyne Lake Hall.

To discuss the proposed modified
Sanitary Landfill on PNE 23-60-12-4.
For more information contact Dennis Bergheim
at the County Office 645-3301.

PUBLIC NOTICE

POCO PETROLEUMS LTD. ENVIRONMENTAL PROTECTION AND ENHANCEMENT ACT NOTICE OF APPLICATION

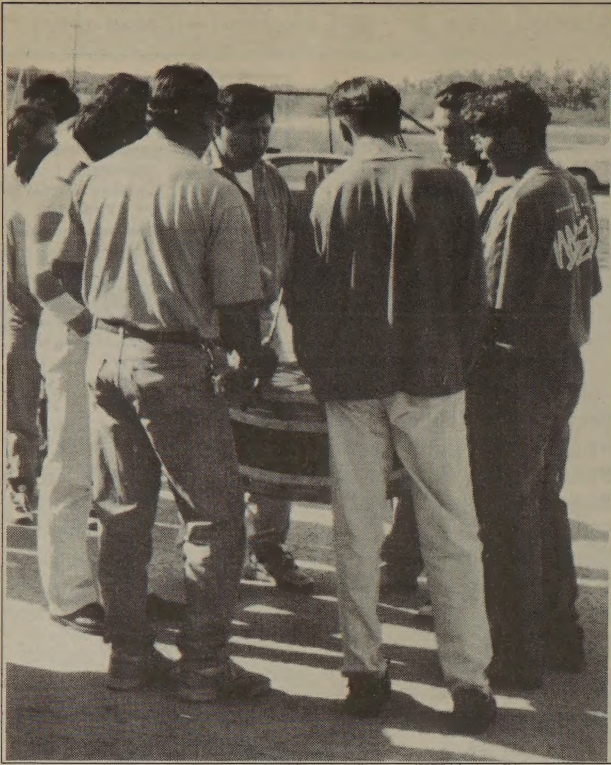
In accordance with Part 2, Division 2 of the Environmental Protection and Enhancement Act, POCO Petroleum Ltd. has applied to Alberta Environmental Protection for an amendment to an existing approval to add a compressor to the John Lake North #2 sweet gas compressor station. The operation is located at LSD 11 of Section 35 Township 56 Range 1 W4M and has a raw gas capacity of 425 x 10³ m³/day.

Pursuant to section 70 of the Environmental Protection and Enhancement Act, any person who is directly affected by this operation may submit a written "statement of concern" regarding this application. Such a statement of concern must be submitted to:

Director of Air and Water Approvals Division
Department of Environmental Protection
Regulatory Approvals Centre
Main Floor, 9820 - 106 Street
Edmonton, Alberta
T5K 2J6

within 30 days of the date of this notice. Please quote Application No. 001-11316 when submitting a statement of concern. Copies of the amendment application can be obtained from:

Poco Petroleum Ltd.
Attention: C. James Bell
Facilities Engineer
3500 Bow Valley Square IV
250 - 6 Ave. S.W.
Calgary, Alberta
T2P 3H7
Tel: 260-8243
Fax: 265-2958



DRUMMING UP A NEW BEGINNING - drummers Gerald Okanee, Luke Okanee, Dennis Quinney, Tommy Quinney, Gary Okanee and Jacob Faithful help start off the new school year with a flag ceremony.

Frog Lake (Napewaew) School holds flag raising ceremony

By Marguarite Miller and Ruth Purdy

Review Contributors

The Frog Lake Napewaew School celebrated the commencement of their new school year with a flag raising ceremony and traditional feast on Monday, September 11.

The school students, teaching staff and community members gathered around the flag poles as drummers and singers Gerald Okanee, Luke Okanee, Dennis Quinney, Tommy Quinney, Gary Okanee and Jacob Faithful performed the Flag Song and Elders William Singer and Lawrence Quinney raised the flags.

Following the flag raising, Councillors and Elders Alex Quinney, Alex Moyah,

William Singer, Acting Chief George Fryingpan, Suzanne Quinney, Francis Quinney, Rocky Wade, Dewey Dion, Lawrence Quinney, Joe Moyah, Clarence Faithful and Willie Cross performed a dance to the Retreat Song.

The assembly proceeded to the school gymnasium to participate in a feast. Prior to the meal, a Pipe Ceremony and blessing was performed by Elders and Councillors. The traditional feast of stew, bannock and dessert was prepared and organized by Mrs. Theresa Wade, Mrs. Grace Quinney, Mrs. Marta Boychuk, Ms. Josie Dion, Ms. Tracy Fryingpan and the Senior High Home Economics classes. The feast was served by young men from the community.



ELDER IRENE QUINNEY - was among the Frog Lake Elders who were on hand for the celebration marking the beginning of a new school year at Napewaew School.

Pioneer Circle Bingo

September 11, 1995

Lilly Sass \$30, Liz Peterson \$30, Lena Cap \$30, Margaret Gladue \$30, Alma Fiddler \$30, Mike Palinka \$30, Grace Desjarlais \$30, Grace Desjarlais \$30, Mary Prusak \$30, Mary Prusak \$30, Dina Leaf \$30, Louis Moocheweines \$15, Margaret Gladue \$15, Brenda Patroch \$15, Viola Yarmuch \$15, Mike Palinka \$30, Adella Jennissen \$30, Zelma Krucik \$32, Lilly Sass \$53, Olga Dembicki \$21, Marg Clark \$50, Mrs. Sheplawy \$98, Lilly Sass \$11, Pat Vallee \$11, Amy Patroch \$11, Anton Zarowny \$8, Brenda Patroch \$8, Olga Bayrock \$8, Pat Vallee \$8, Margaret Gladue \$17, Carol Bugera \$17, Brenda Patroch \$11, Alf Fakeley \$11, Bill Ewasiuk \$11, Arlene Bochon \$33.



SERVING THE TRADITIONAL FEAST - Dennis Quinney was among the young men from the community who performed this pleasant duty.

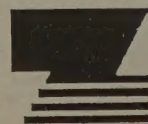
Elk Point & District Ukrainian Dance Club Registration & Meeting

- 1.) Interested in displaying dances from different Ukrainian regions call Iris at 724-2099 to register or if you have any questions.
- 2.) Meeting Sept. 19, 7:00 pm Art Rm., Elementary School. Can register at meeting.
- 3.) Dance lessons resume Sept. 19, Elementary School Gym.
- 4.) All new dancers have a 3-week try-out from day you start. Placed in groups according to age, experience or potential.

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Ignoring this sign could
be a costly mistake.

